



Living with an Ostomy:
Travel



Ostomy Care
Healthy skin. Positive outcomes.



Table of Contents

- 2 Getting prepared to travel
- 3 General travel guidelines
- 6 Air and road travel
- 9 Special considerations by type of stoma
- 10 Traveling with pouches and supplies
- 14 Recommendations for food, drink and clothing
- 17 Enjoying fitness activities and sports
- 18 Hollister Secure Start Services
- 20 Resources
- 22 Glossary
- 24 Ostomy product supplies

A glossary is included at the back of this booklet to help with some terms with which you may not be familiar.

Before your ostomy surgery, your life may have included traveling. This booklet can help you take the steps to enjoy a worry-free trip. The key is planning. If you plan and organize ahead of time, you can be sure you are prepared for the new situations you will encounter.

As you read and take note of the information and tips included here, you can anticipate traveling to a country you've always dreamed of, and resuming your regular travel plans near and far.



Getting Prepared to Travel

There is no reason why having a stoma should stop you from traveling anywhere in the world.

Many people with a stoma, particularly soon after the operation, can experience stress at the prospect of even the shortest journey. For example, they worry about not having access to a clean place to change a pouch, running out of or misplacing pouches or sleeping in an unfamiliar bedroom.

The following are general guidelines for things to consider before starting to travel. Of course, your requirements are specific to your situation and will depend on your unique preferences.

General travel guidelines

It is only natural to feel apprehensive about traveling for the first time after your operation. You might want to start with short trips away from home to build up your confidence. Once reassured that your pouching system stays secure during normal day-to-day activities, you can start to venture farther.

A few days, or even weeks before departure, prepare a checklist of things to take with you. Keep track of your daily routine of pouch changes to remind yourself exactly what you need and use — pouches, skin barriers, pouching accessories, disposal bags and so on. Don't forget to take along different pouch lengths — perhaps a smaller one for sports activities or a bigger pouch for longer periods when pouch changes may be delayed.

Count the number of pouch changes you normally need to make, then double that number to make sure you have plenty of supplies and pouches on hand. That way, you will be ready for the unexpected — a delay in returning home, lost pouches, or changes in climate and environment that call for more pouch changes than usual.

In the event that you do need additional supplies while traveling, most manufacturers have products available around the world. Before you leave home, check to see where you can purchase new supplies in the areas where

you plan to travel. The United Ostomy Associations of America (UOAA) can also give you contacts of suppliers and manufacturers abroad.

TIP

Calculate how many pouches you would normally need, then double that number to ensure you're prepared while on the go.

Travel documents

When traveling abroad, you will naturally make sure that you have important papers such as a passport, tickets, visas, etc.

Other documents may also come in handy. A travel communication card is available from the UOAA and will help explain what your pouches, skin barriers, and medications are for, to help avoid extra questions at customs and/or security check points. The certificates are available in a variety of languages, which may be helpful should more supplies be required or medical recommendations needed while traveling abroad. It's also a good idea to have a letter from your healthcare professional explaining your medical condition.

You may also choose to purchase travel insurance to cover loss of luggage or money as well as cancellations.



Carefully check the insurance policy for guidelines around age limits or pre-existing medical conditions. If you are in doubt about whether you are fully covered, check with your insurance or travel agent.

Before you leave, find out how to obtain medical aid abroad and have emergency contacts available.

Last-minute arrangements

You may be tempted to reduce the flow from your stoma while traveling by changing your regular eating or drinking routine. However, it is generally not recommended to vary your eating and drinking habits.

Some people find that changing their skin barrier and pouch before departure gives confidence and maximum security from the possibility of leaks.

Air and road travel

Here are a few tips to make sure you are comfortable and prepared when you fly or take a trip by car, plane, or train.

Weight limits

If you are traveling by air with a lot of supplies, check with the airline and TSA for the luggage weight allowance. Some airlines may offer special allowances for medical supplies.

Forbidden items

Remember that International Air Transport Association (IATA) regulations forbid dangerous items on board. For example, ether, methylated spirits, or flammable aerosol adhesives and removers are not allowed because of a fire hazard. Scissors may not be allowed, so check with your airline or pre-cut your barriers before traveling.

Pre-boarding security checks

Your carry-on luggage will be inspected at the security baggage check before boarding the aircraft. If you have any medications with you, have your healthcare professional prepare a card explaining that they are medical supplies. Some countries do not allow certain medications, such as codeine, to cross their borders.

You may be searched before boarding the aircraft, so be prepared to explain about your stoma. Travel cards for this are available from the UOAA.

Using airplane toilets

During a long flight, there are times when many people want to use the toilet, perhaps after a meal. Keep your eyes open for a chance to use the toilet when most people are in their seats. You may want to request a seat that has easy access to the toilet.

Car travel

Your car seat belt should sit across your hip bone and pelvis, not your abdomen and stoma. If you want to give your stoma extra protection from the strap, car accessory shops carry products that make seat belts more comfortable. An extension bracket can be fitted to lower the angle at which the belt crosses the body.

Special considerations for your stoma type

Depending on the type of surgery you have had, there may be additional ways to make sure you are comfortable and prepared.

If you have an ileostomy

In hot climates, dehydration can be a problem. It is important to drink plenty of fluids to remain well hydrated.

If you have a colostomy

A change in cabin pressure on a plane or change in diet can create gas for anyone. But it can be a particular problem for people with a colostomy. Avoid obvious things such as carbonated drinks, eating too quickly, foods that you know cause gas, or anything that causes you to swallow air.

You can also use a pouch with a filter, which has a small vent that slowly deodorizes gas, absorbs odor and releases the gas from the pouch.

If you have a urostomy

If you will be in a hot climate, be sure to drink plenty of fluids to maintain your usual urine production so you are always flushing out your system.

Carefully maintain skin care around the stoma, especially in warm weather. If you begin to feel ill, do not wait to see your healthcare professional or WOC/ET nurse.

Consider taking an overnight drainage bag or leg bag with you. This can be especially useful when you have extended periods between pouch emptying.

TIP

Pack a separate, small travel kit containing supplies for a pouch change to make visits to the toilet simple and discreet.



Traveling with Pouches and Supplies

Once you have prepared a travel checklist, packing equipment and pouches should be easy.

When you are at home, you probably keep most of your pouches and supplies together. For travel, you might want to consider dividing the items you will need and keep some in your carry-on bag. Put the rest in the luggage that you check with the airline or in the baggage of a traveling companion. That way, if one of the bags is lost, you still have supplies available in the other.

Your short-term needs should go in your carry-on luggage so they can remain with you at all times and are within easy reach. A separate, small travel kit containing items needed for a change of pouch should be kept in your carry-on luggage to make visits to the toilet simple and discreet.

Some airlines may not allow scissors on board the aircraft, even for ostomy products. So if you use a cut-to-fit product, be sure you have enough pre-cut skin barriers on hand before reaching your destination. You can pack your scissors in your checked luggage. Check with your airline and current TSA regulations.

Storage of ostomy products

Storage of ostomy products is also important. They should not get too warm while in transit. When traveling by car, especially in warm and humid climates, do not keep supplies in the trunk or glove compartment. These are often the hottest spots in the vehicle. A cooler may be a useful container to transport your pouches.

Most manufacturers provide guidelines for storage of ostomy products. This is especially useful when staying in hot climate locations. Bathrooms are often coolest and, as long as they are not too steamy, are probably the best places to keep your products.

Disposal

Disposal of used stoma pouches should not be difficult if you make proper preparations. Before changing your pouch, check that the sink is not in a separate room from the toilet and that a means to dispose of the pouch is available.

Make sure your travel kit contains toilet paper to wrap up the used pouch, as well as plastic carrier bags to dispose of them at a convenient place and time. Diaper disposal bags that come pleasantly scented or storage or freezer bags make disposal of used pouches simple and discreet. Carry cleansing wipes to clean up any accidental mess.

Overnight stays at hotels and homes

Staying overnight — whether at a friend's or family member's home, a hotel in your own country, or abroad — need not be a cause for concern or worry.

At home, everything you need is available and you can expect privacy. With good planning, you can have everything you need neatly packed in your travel kit.

If you are staying in the home of friends or family who may not be aware of your special needs, you may be surprised at how understanding they can be. Explain briefly about your stoma, and if possible, try to not use the bathroom when you might end up being rushed.



Before staying in a hotel at home or abroad, try to make sure you have a bathroom en-suite or attached to your room. That way, pouch changes can be made easily in private and at your leisure, at a time convenient for you.



Recommendations for Food, Drink and Clothing

Food and drink

While traveling internationally, general recommendations on food and drink are the same for anyone. If in doubt about the quality of the water supply, buy bottled water for drinking and cleaning teeth. You should also use bottled water if you irrigate your colostomy.

Likewise, eating foods that have been well-cooked or washed in clean water, or come from a reliable source is important for everyone. Be aware of the possibility of becoming dehydrated in hot climates.

Any change of water, climate or food can upset a person's bowels, so be prepared. You may want to pack some antidiarrheal medications or rehydration salts just as a precaution. Antidiarrheal medications are available without a prescription from your pharmacist, and if taken at the first signs of diarrhea, will usually prevent the problem from continuing. Be sure to discuss all medications with your healthcare professional.

Diarrhea, particularly if accompanied by a fever and vomiting, may also lead to a shortage of salt in the body. The difficulty is knowing how much salt needs replacing. Don't take salt on its own, always add it to your food. If your diarrhea persists for 24 hours, seek medical help.

Dehydration

In hot climates, as chances of dehydrating increase, people with stomas should drink more fluids — preferably water. A sign of being dehydrated is the production of less urine than usual.

Special rehydrating solutions, such as sports drinks, can be useful for severe cases of dehydration and are readily available. However, commercial sports drinks also contain varying amounts of salt and sugar.

If you have antidiarrheal medication with you and watch what you eat and drink, you can enjoy the local delights; but be sensible and avoid excess. Also remember: too

much alcohol will accelerate dehydration, so don't overdo it.

Feeling confident

When you are on a holiday or vacation, you want to relax and enjoy yourself. Part of this is to be able to wear what you like.

With a stoma, there are very few restrictions on clothing. Just be careful to avoid especially tight clothing that may restrict the flow of body waste into your pouch.

There is no reason why people with a stoma cannot enjoy the beach or a pool. Depending on the position of your stoma, you may select a style of swimwear that makes you most comfortable.

Some people select a bold-patterned swimsuit that helps distract from any bulges that may be caused by the pouch. Some also find beach wraps and throws useful over their swimsuit.

If you can't find a swimsuit that you like, there are special suppliers that make bathing suits for special needs. The UOAA or your WOC/ET nurse can also help you find the right resources.



Enjoying Fitness

Activities and Sports

Stoma surgery is a major operation that should not be underestimated. The first few weeks or even months may be a struggle as you gradually adjust.

As long as you have no complications and your healthcare professional has no objection, you can enjoy any kind of sporting activity at home or while you are traveling. Contact sports and those that involve a lot of bending, such as bowling and aerobics, are possible.

If you would like to talk to someone about a particular sport, contact the UOAA. They may be able to put you in touch with someone who is currently enjoying your sport and can give you some practical recommendations.

The most important thing to remember is to plan ahead. If you do, your ostomy will not stand in the way of your enjoyment of travel.

Hollister Secure Start Services

You may have questions about your ostomy, how to care for your stoma, and how to keep living the life you want to live, but you don't have to figure it out on your own. Hollister Secure Start services offer FREE dedicated ostomy support for as long as you need it, regardless of the brand of products you use.

When you choose to join Hollister Secure Start services, you'll be matched with a Consumer Service Advisor who is ready to help you find solutions to the challenges you may face living with an ostomy. We're here to help with:

- **Finding the right products:** Whether you recently had ostomy surgery or are just looking for more options, we can help.
- **Sorting out insurance coverage for products:** Based on your insurance plan, we can explain your options and help you determine whether an ostomy product, regardless of brand, is covered, as well as the allowable quantities.
- **Identifying supplier options:** We'll provide you with information about suppliers who accept your insurance and who can provide you with your requested product. We'll support you with the supplier selection of your choice.

- **Resources and education:** If you request a Hollister Secure Start introductory kit, the kit may include educational materials, product samples, and guides for use. We can also help you navigate the latest lifestyle, product, and clinical information available online at www.hollister.com.

- **Accessing a nurse for clinical product guidance:** While your healthcare professional is your source of medical information, we have nurses available to answer questions over the phone related to ostomy products.

- **Community resources:** Hollister Secure Start services has longstanding relationships with a variety of organizations to connect you with people, knowledge, and tools to help support the life you want to live.

To learn more about how Hollister Secure Start services can support you, please call us at 1.888.808.7456 or visit www.securestartservices.com.

Resources and Organizations

Your healthcare professional and your ostomy care nurse will be very important resources for you in the days ahead. You also have ongoing access to online information or printed educational materials such as:

Ostomy Learning Center

www.hollister.com/ostomylearningcenter

Whether you are about to have surgery, have had your stoma for years, or want to learn how to keep your skin healthy, we are here to help with information and education so you can live your best life with an ostomy. This section of the website includes articles and videos on a wide range of topics, including:

- Understanding an ostomy
- Living with an ostomy
- Maintaining healthy skin
- Using ostomy products

Hollister Incorporated YouTube Channel

www.youtube.com/hollisterincorporated

View a variety of how to and lifestyle videos. Also includes interviews and tips from people living with ostomies.

Peristomal Skin Assessment Guide for Consumers **psag-consumer.wocn.org**

Take your skin health into your own hands with the Peristomal Skin Assessment Guide for Consumers. It is a free, easy-to-use, digital tool designed to help teens and adults living with an ostomy identify common skin problems, provide next steps for care or management, and prompt when it is appropriate to seek support from a wound, ostomy and continence (WOC) nurse.

Ostomy support groups are available to people who have had ostomy surgery. Here, you can interact with others who are facing many of the same challenges. The ability to discuss issues with someone who understands what you are experiencing can be very beneficial.

Hollister Secure Start Services

1.888.808.7456 | **www.securestartservices.com**

United Ostomy Associations of America, Inc. (UOAA)

1.800.826.0826 | info@uoaa.org | **www.ostomy.org**

Crohn's & Colitis Foundation of America, Inc. (CCFA)

1.800.932.2423 | **www.ccfa.org**

Colon Cancer Coalition (CCC)

1.952.378.1237 | **www.coloncancercoalition.org**

Bladder Cancer Advocacy Network (BCAN)

1.888.901.2226 | **www.bcan.org**

Friends of Ostomates Worldwide-USA (FOW-USA)

1.502.909.6669 | **www.fowusa.org**

Lifestyle Series and Care Tips

Available from your clinician or for PDF download at:
www.hollister.com/ostomyresources

- **The “Living with an Ostomy” Series** — provides information on lifestyle related topics such as diet, travel, sports, and fitness
- **“Caring for Your Loved One with an Ostomy” Guide** — provides information and support for your loved one(s), in helping you live life to the fullest after ostomy surgery
- **“Routine Care of Your Ostomy” Care Tip** — provides information on how to care for an ostomy

Glossary

Codeine

Medicine that slows and thickens stoma output. In some countries, this medication is illegal in any form without a prescription. Check before you travel.

Colon

Another term for the large intestine or last portion of the gastrointestinal tract.

Colostomy

An ostomy (surgical opening) created in the colon; part of the large intestine or colon.

Dehydration

A loss of too much water from the body.

Diarrhea

Loose water-like fecal output from the stoma that is more so than usual.

Ileostomy

An ostomy (surgical opening) created in the small intestine.

Infectious

Can be spread from one person to the next; also “contagious.”

Peristomal Skin

The area around the stoma starting at the skin/stoma junction and extending outward to the area covered by the pouching system.

Pouch

The bag that collects output from the stoma.

Skin Barrier

The portion of your pouching system that fits immediately around your stoma. It protects your skin and holds the pouching system in place. Sometimes called a wafer.

Stoma

A surgically created opening in the gastrointestinal or urinary tract. Also known as an ostomy.

Stool

Waste material from the bowel. Also known as feces or bowel movement.

Urostomy

An ostomy (surgical opening) created to drain urine.

Wear time

The length of time a pouching system can be worn before it fails. Wear times can vary but should be fairly consistent for each person.

Ostomy product supplies

Once you have established a product fit that is right for you, it is time to find a supplier that can provide you with an ongoing supply of ostomy products. There are several considerations when choosing a supplier:

- Do you want to work with a national or regional durable medical equipment (DME) supplier who can mail your supplies, or do you prefer to pick up supplies at a local pharmacy or DME supplier?
- Can the supplier bill your insurance in-network to minimize your out-of-pocket expense?
- Do you already have a DME supplier that serves your other medical device needs?

Ostomy products are specialized supplies that are not available through all pharmacies. You may choose to use mail order supply companies or purchase through a local retailer.

Many ostomy supplies are covered by private insurance plans, military benefits, Medicare, and Medicaid. Check with your carrier to find out your level of coverage and if you must use a specific supplier.

Notes:

[illegible]

Hollister Incorporated
2000 Hollister Drive
Libertyville, Illinois 60048
1.800.323.4060

www.hollister.com

Hollister Limited
95 Mary Street
Aurora, Ontario L4G 1G3
1.800.263.7400

Please note that this booklet is a supplement to and not a replacement for the recommendation from your healthcare professional.

The Hollister logo, Secure Start and "Healthy skin. Positive outcomes." are trademarks of Hollister Incorporated.



© 2019 Hollister Incorporated. 923123-0219 US-00724